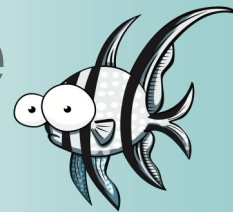


Swimming Lesson Schedule

-Winter 2014-



Welcome to the South Jordan Fitness & Aquatic Center Swim School!
We pride ourselves on providing programs that fit your specific needs. Whether you're just starting out or a tri-athlete looking to refine your technique, we have a class for you!

Our group lessons are 30 minutes long and sessions range from 6-8 lessons.

For a list of class times and to register online please visit : www.activityreg.com

Morning Lessons: 9am-12pm

Track	DATES	WEEK 1	WEEK 2	WEEK 3	SESSION FEES Resident/Non-Res	Registration Begins:
A	January 1-17	WF	MWF	MWF	\$35R / \$40NR	Dec. 18
D	Jan. 22 - Feb. 7	WF	MWF	MWF	\$35R / \$40NR	Jan. 8
C	Feb. 10 - 26	MWF	MWF	MW	\$35R / \$40NR	Jan. 27
B	March 3 - 19	MWF	MWF	MW	\$35R / \$40NR	Feb. 17

T/TH Evening Lessons: 4-7pm

DATES	4 Weeks 8 lessons	SESSION FEES Resident/Non-Res	Registration Begins:
Jan. 7 - 30	T/TH	\$35R / \$40NR	Dec. 19
Feb. 4 - 27	T/TH	\$35R / \$40NR	Jan. 21
March 3 - 27	T/TH	\$35R / \$40NR	Feb. 18

Saturday Lessons: 9am-12pm

DATES	4 Weeks 4 lessons	SESSION FEES Resident/Non-Res	Registration Begins:
Jan. 4 - 25	Sat.	\$20R / \$25NR	Dec. 21
Feb. 1 - 22	Sat.	\$20R / \$25NR	Feb. 1



We reserve the right to cancel or combine classes as needed. Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits, refunds, or make-ups. For safety reasons, spectators will be asked to sit on the pool benches. Dressing rooms and lockers are available.

South Jordan Fitness & Aquatic Center

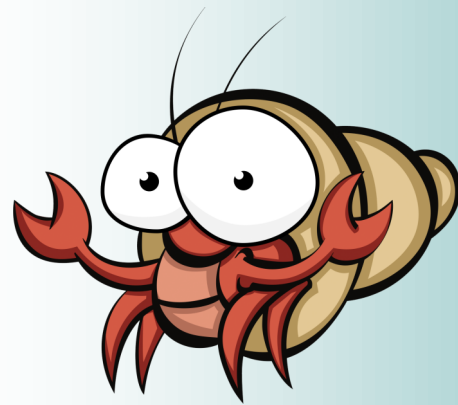
10866 S. Redwood Road, South Jordan
(801)253-5236

Use this chart to determine which level your swimmer is at:

Aqua-Tots (Bubbles) 6 Months - 3 Years	Parents learn to help their children blow bubbles; submerge mouth, nose and eyes; float on front and back; and retrieve dive sticks.
Beg. Pre-School (Squirt) 3 Years - 5 Years	Participants will be taught how to blow bubbles, submerge face front and back float, front and back glides, kicking on front and back, circle arms, understanding pool rules. All skills will be assisted by instructor.
Adv. Pre-School (Crush) 3 Years - 5 Years	Prior to entering advanced toddler, front and back floats need to be performed without assistance. Skills include submerge face, front and back floats, front and back glides, kicking on front and back, basic front crawl, understanding pool rules. Transition to independent swimming.
Level 1: (Nemo) 5 1/2 Years +	This course is designed to be a beginning level course for children 5 and older. Skills that will be taught include: submerged face, front and back floats, front and back glides, kicking on front and back, front crawl, and age-appropriate safety tips.
Level 2: (Dory)	This level focuses on the transition to independent swimming. Those that have passed advanced Pre-school would enter this level. Skills include: front and back floats, front and back Stroke.
Level 3: (Marlin)	The skill in this level include: front crawl with side breathing, back crawl, elementary backstroke, treading water, butterfly kick and motion, and jumping in to the deep end to retrieve submerged object. Level three will be in the lap lanes to strengthen endurance.
Level 4: (Bruce)	This level is a precursor to the precompetitive level. Distance swimming in front crawl and back stroke will be improved upon as well as butterfly, breaststroke kick, and open flip turns
Tidal Waves: Pre-Competition (Gills)	Perfecting strokes while swimming laps. Building strength, endurance, and developing healthy and safe exercise practices. <i>See separate flyer for schedule.</i>

A skills assessment will take place the first day of class to ensure that swimmers are in the most appropriate level for their success.

Swim School staff reserve the right to transfer swimmers to another level regardless of previous levels passed. Correct level placement is in the best interest of individual students and our classes as a whole.



To register for lessons...

- Visit the South Jordan Fitness & Aquatic Center
- Call 801- 253-5236 after 8am
- Visit www.activityreg.com



Times and dates are subject to change without notice.
In the event of a pool closure a Safety Day will be held in lieu of lessons in the water.